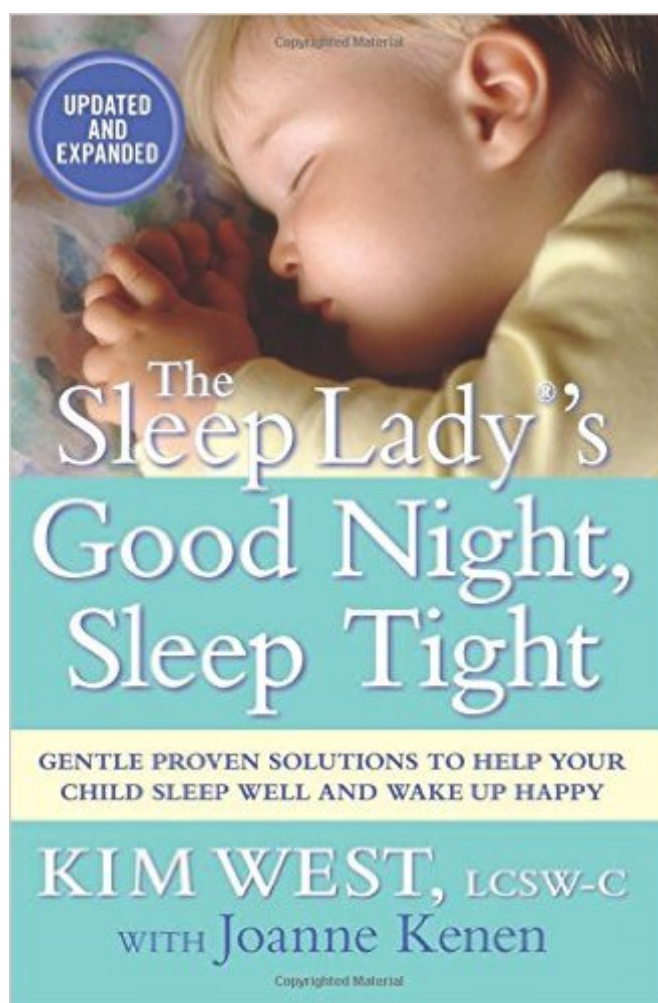


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# The Sleep Lady®'s Good Night, Sleep Tight: Gentle Proven Solutions To Help Your Child Sleep Well And Wake Up Happy



## Synopsis

Kim West, LCSW-C, known to her clients as The Sleep Lady®<sup>®</sup>, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them "cry it out" – an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, *Good Night, Sleep Tight* offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include:

- New research on pacifiers and SIDS, the impact of sleep deprivation on postpartum depression
- Additional guidance on feeding your baby and toddler and how feeding relates to sleep
- What you can do to improve your baby's sleep habits before 6 months
- New information on breastfeeding
- Preparing a sibling for the birth of a baby
- Creating a secure attachment with your baby while instilling healthy sleep habits for the family
- How to read your baby's cries

## Book Information

Age Range: Baby and up

Paperback: 440 pages

Publisher: Vanguard Press; Upd Exp edition (December 22, 2009)

Language: English

ISBN-10: 1593155581

ISBN-13: 978-1593155582

Product Dimensions: 1.2 x 6 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (489 customer reviews)

Best Sellers Rank: #6,677 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#) #192 in [Books > Parenting & Relationships > Parenting](#) #469 in [Books > Mystery, Thriller & Suspense > Thrillers & Suspense > Spies & Politics](#)

## Customer Reviews

The Sleep Lady is the reason our daughter is finally sleeping through the night, after a long struggle with up to 12 night wakings every night. We attended a phone class taught by Kim West and then later bought her book. The most valuable part of this book is the Sleep Lady Shuffle. My husband and I tried using Ferber's method first, and my daughter cried until she just collapsed from sheer exhaustion. When I went in to check on her, finally asleep, I could tell she had slumped over from

sitting up - with tears still drying on her face. This is not the picture of a child who has learned the art of self-soothing. We gave it up, and it took some time before I could shake the guilt. We tried the No-Cry Sleep Solution next for almost two weeks and did not see any improvement. I think that for us, the method was too difficult to implement. Our daughter would cry as soon as she left our arms... putting us into a pick-up-put-down dance for hours at a time, and after seeing no results over a few weeks, we quit. The Sleep Lady Shuffle is something "in-between" these two methods. It's phased and gentle. It does involve some crying, but mom or dad is right there in the room to comfort and reassure baby... and although it took some time, our daughter did fall asleep peacefully and on her own. Over the nights it took less and less time for her to do this. We had some setbacks along the way - sickness and travel - and when those were over, we could just implement the Shuffle again in about half the time it took originally... we got our nights back, and we feel that our daughter is eating better and acting happier because she's getting more quality sleep. You don't really need the book to implement the Shuffle.

I purchased this book along with Pantley's "The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night" out of desperation to find some way to help my then 8 month old son sleep for more than 3-4 hours at a time. Some background data: my son is an extremely high energy, high spirited, self-determined little man. He's a very happy baby but not the kind who will be content to sit in a swing and "relax" for more than a couple of minutes. We phased out night feedings, with the OK from our ped, at about 5 months. After only a couple of rough nights at that, he was going to sleep rather easily and would sleep from about 7:30pm until 12am, get up once and have to be patted back to sleep (for about 10 minutes) then back to sleep until 6am. We had a "bedtime routine" in place at about 4 months- turn down TV, dim lights, feeding, bath, quiet play time, books, rocking and to bed drowsy but not sleeping. Getting up once wasn't that hard and we were content with our nighttime schedule and our son was getting enough sleep and very happy during the day. Then at about 6 months he started to get ear infections- one after the other and the total time handling ear infections was about 2 straight months. Right after that he got his first cold which lasted about a week and a half. During this time his sleep schedule was really bad. We had to hold him most of the night because it hurt him too much to lay flat in his crib and he would wake a lot from the pain. After he was no longer ill, he became used to my husband or me holding him at night and being constantly with us.

I really wasn't happy with several aspects of this book. This is the third sleep book that I've read,

and I really liked the message. The other two books that I read were at very different ends of the spectrum; the Sleep Lady fell nicely in the middle, and really struck a chord with me since I'm straddling the fence of attachment parenting. I also read: - Dr. Sears' Sleep Book - another chapter in the attachment parenting bible. However, 90% of the book is "why would you NOT want to cosleep? It's the answer to everything!" As much as I enjoyed my time cosleeping, with a squirmy 1-year-old and a small bed, it was time to stop. Not much advice at all in there on stopping, maybe just 2 pages on transitioning. - BabyWise - the anti-attachment-parenting book. What a put-offish, angry tome. It spends the first several chapters belittling anyone would think kindly of attachment parenting, and puts co-sleeping on the same level as heresy. I didn't even get to the actual method, I put the book down after three chapters. But it advocates a cry-it-out strategy. The Sleep Lady Shuffle, as she calls her "sleep shaping" method, is assisted cry-it-out. You sit in the room at different positions, and turn a blind eye (and ear) to your baby's cries as they learn to put themselves to sleep. Your only role in the room is to let them know that you're there, that you won't abandon them. I'm not a fan of cry-it-out, but this seemed the gentlest approach, and is similar to what Super Nanny does. Every baby is different, and the sleep training methods that work for one baby may not work for another. "Ferberizing" (cry-it-out alone with 10-minute checks & soothing) just did not work for my baby.

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